

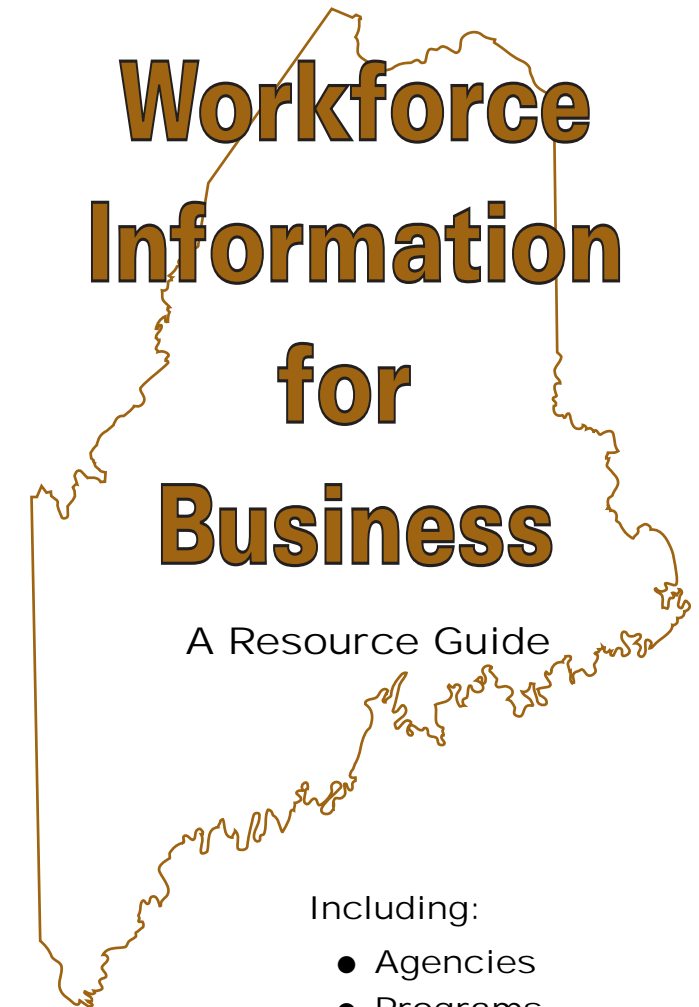
## Selected Publications and Periodicals for Business

Publications:	Description:	Availability:
<b><i>Occupational Employment and Wage Estimates for Maine.</i></b> Published by Labor Market Information Services, Maine Department of Labor.	Wage rates for Maine and substate areas. Lists mean, median and mid-range earnings by occupation.	<a href="http://stats.bls.gov/oes/home.htm">http://stats.bls.gov/oes/home.htm</a> Available online via the Bureau of Labor Statistics. (Median and mean wages only.)
<b><i>Maine Employment Outlook.</i></b> Statewide and Substate Areas. Published by Labor Market Information Services, Maine Department of Labor.	Industry and occupational employment projections. What's growing & what's not!	Available online via Maine Employment Info Guide and other sources. <a href="http://www.Maine.gov/labor/lmis">http://www.Maine.gov/labor/lmis</a>
<b><i>Maine Fringe Benefit Study.</i></b> Published by Labor Market Information Services, Maine Department of Labor.	Information on fringe benefits offered by Maine companies.	Available in printed format only.
<b><i>Occupational Outlook Handbook.</i></b> Published by U.S. Bureau of Labor Statistics, U.S. Department of Labor.	Occupational report covers 90% of U.S. workers.	<a href="http://www.bls.gov/oco">http://www.bls.gov/oco</a> Entire publication available in Adobe Acrobat format.
Periodicals:	Description:	Availability:
<b><i>Labor Market Digest.</i></b> Published by Labor Market Information Services, Maine Department of Labor.	Contains state and local economic activity, labor force statistics, and special articles on trends and demographics.	<a href="http://www.Maine.gov/labor/lmis">http://www.Maine.gov/labor/lmis</a>
<b><i>Maine Biz</i></b>	Biweekly business newspaper that gives a big picture look at the news that affects the Maine business community.	Available at bookstores and online at <a href="http://www.mainebiz.biz">http://www.mainebiz.biz</a>
<b><i>The Business Monthly</i></b>	Monthly business newspaper featuring articles on the Maine workforce, economic development, small business, banking and business briefs.	Available at bookstores.
<b><i>Employment Times</i></b>	Free weekly help wanted newspaper serving all size employers in Maine and New Hampshire.	Available in supermarkets, colleges, convenient stores and online at <a href="http://www.employmenttimesonline.com">http://www.employmenttimesonline.com</a>
<b><i>Interface Business News</i></b>	Monthly business newspaper featuring articles on current economic activity, marketing, taxes and issues affecting business.	Available at bookstores.

These publications and periodicals are available at your local CareerCenter and/or many libraries to assist you with your business needs. There are many other resources available, and these are recommended starting points. Consider speaking with a Labor Market Information District Manager for recommendations to address your specific needs.

For information on services and training sponsored by the Maine Department of Labor or for directions to your nearest CareerCenter, call 1-888-457-8883. *The Maine Department of Labor is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.*

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Including:

- Agencies
- Programs
- Web Sites
- Publications

Maine Department of Labor  
Labor Market Information Services  
P.O. Box 259, Augusta, ME 04332-0259  
Tel. (207) 287-2271, FAX (207) 287-2947, TTY 1-800-794-1110  
E-mail address: [Imi.me@Maine.gov](mailto:Imi.me@Maine.gov)  
Web site: <http://www.Maine.gov/labor/lmis>

## Selected Internet Web Sites for Business\*

<b>Labor Statistics:</b>	<b>Web Site Address:</b>	<b>Phone #:</b>	<b>Notes:</b>
Labor Market Information Services (LMIS)	<a href="http://www.Maine.gov/labor/lmis">http://www.Maine.gov/labor/lmis</a>	(207) 287-2271	<i>Maine Employment Info Guide</i> , labor market area maps, labor statistics, occupational profiles.
U.S. Bureau of Labor Statistics	<a href="http://www.bls.gov">http://www.bls.gov</a>	(202) 691-5200	Industry and occupational information.
U.S. Employment and Training Administration	<a href="http://www.doleta.gov">http://www.doleta.gov</a>	(202) 693-3900	Workforce development and foreign worker certification.
U.S. Bureau of the Census	<a href="http://www.census.gov">http://www.census.gov</a>		U.S. population and demographic data.
Maine Census Data Center	<a href="http://www.Maine.gov/spo/census.htm">http://www.Maine.gov/spo/census.htm</a>	(207) 287-2989	Maine population and demographic data.
U.S. Department of Labor	<a href="http://www.dol.gov">http://www.dol.gov</a>	1-866-487-2365	Federal D.O.L. services, compliance assistance.
<b>Finding Employees:</b>	<b>Web Site Address:</b>	<b>Phone #:</b>	<b>Notes:</b>
Maine CareerCenter	<a href="http://www.mainecareercenter.com">http://www.mainecareercenter.com</a>	1-888-457-8883	Maine One-Stop employment resource.
America's Job Bank	<a href="http://www.ajb.org">http://www.ajb.org</a>	1-877-872-5627	Job postings, résumé searches, screening tools.
Monster.Com	<a href="http://www.monster.com">http://www.monster.com</a>	1-800-666-7837	Worldwide job search and resource network.
Maine Jobs Council	<a href="http://www.Maine.gov/labor/mjc">http://www.Maine.gov/labor/mjc</a>	(207) 287-3787	Workforce Development programs.
CareerOneStop	<a href="http://www.careeronestop.org">http://www.careeronestop.org</a>	1-877-348-0502	Business tools, workplace issues, economic trends.
O*NET OnLine (replacing Dictionary of Occupational Titles (DOT))	<a href="http://www.onetcenter.org">http://www.onetcenter.org</a>		Occupational database with job and worker traits.
<b>Programs:</b>	<b>Web Site Address:</b>	<b>Phone #:</b>	<b>Notes:</b>
Maine Quality Centers	<a href="http://www.mtcs.net/mainequalitycenters.html">http://www.mtcs.net/mainequalitycenters.html</a>	(207) 767-5210	Customized education and training.
The Maine Apprenticeship Program (MAP)	<a href="http://www.mainecareercenter.com/Employers.html">http://www.mainecareercenter.com/Employers.html</a>	(207) 624-6390	Customized on-the-job training.
Work Opportunity Tax Credit (WOTC)	<a href="http://www.mainecareercenter.com/Employers.html">http://www.mainecareercenter.com/Employers.html</a>	(207) 624-6390	Tax credit on wages paid to eligible employees.
Governor's Training Initiative (GTI)	<a href="http://www.mainecareercenter.com/GTILink.html">http://www.mainecareercenter.com/GTILink.html</a>	(207) 624-6390	Training for new and existing workers.
<b>Regulations:</b>	<b>Web Site Address:</b>	<b>Phone #:</b>	<b>Notes:</b>
Maine Bureau of Labor Standards	<a href="http://www.Maine.gov/labor/bls/blsmain.htm">http://www.Maine.gov/labor/bls/blsmain.htm</a>	(207) 624-6400	Safety, minimum wage, overtime, required posters.
Maine Office of Licensing and Registration	<a href="http://www.Maine.gov/pfr/olr">http://www.Maine.gov/pfr/olr</a>	(207) 624-8603	Professional licensing information for Maine.
Maine Department of Labor	<a href="http://www.Maine.gov/labor">http://www.Maine.gov/labor</a>	(207) 287-3787	Links to Maine Department of Labor services.
Maine State Government	<a href="http://www.Maine.gov">http://www.Maine.gov</a>	(207) 624-9494	Links to all government agencies.
U.S. Occupational Safety and Health Administration	<a href="http://www.osha.gov">http://www.osha.gov</a>	1-800-321-6742	Federal resource for workplace health and safety.
<b>Technical Assistance &amp; Networking:</b>	<b>Web Site Address:</b>	<b>Phone #:</b>	<b>Notes:</b>
Maine Chambers of Commerce	<a href="http://mainechambers.com">http://mainechambers.com</a>	(207) 623-4568	Regional economic development/alliances, advocacy, networking, business and legislative issues.
Maine International Trade Center	<a href="http://www.mitc.com">http://www.mitc.com</a>	(207) 541-7400	Worldwide business connections, trade advice.
Maine Department of Economic and Community Development	<a href="http://www.econdevmaine.com">http://www.econdevmaine.com</a>	(207) 624-9800	Business and community development resource.
U.S. Small Business Administration	<a href="http://www.sba.gov">http://www.sba.gov</a>	1-800-827-5722	Small business resource.
FirstGov	<a href="http://www.firstgov.gov">http://www.firstgov.gov</a>	1-800-333-4636	Official gateway to government information.

\* Internet sites providing labor market information for informed decisions. This list, although not inclusive, provides a good starting point for data gathering, with many of the sites containing links to other useful resources. For more economic information about your labor market area, please contact a Labor Market Information District Manager: Craig Holland (207) 941-3076 covering Northern Maine; Ken Bridges (207) 624-5199 covering Central Maine; Gerard Dennison (207) 753-9045 covering Western Maine; and Merrill Huhtala (207) 822-0216 covering Southern Maine.